



Congratulations Skipper!



Photo by Deborah Kallgren

Rear Adm. Thomas K. Burkhard, Commander, Naval Medical Center Portsmouth, is feted by NMCP's Executive Steering Council after being selected for the rank of Rear Admiral, Upper Half.

NMCP corpsman receives Purple Heart

By JO1 Sarah Langdon

HN Joel A. Lambotte was awarded the Purple Heart in a ceremony held May 11 at Naval Medical Center Portsmouth. Lambotte, a 21-year-old native of Topeka, Kan., was awarded the Purple Heart for wounds received in action Nov. 9, 2004.

Lambotte received a gunshot wound in his ankle while trying to rescue a fallen Marine during the Battle of Fallujah.

Lambotte enlisted in the Navy Aug. 6, 2002. After completing basic training in Great Lakes, Ill., and attending Hospital Corpsman "A" school, Lambotte headed to Field Medical Service School (FMSS) at Camp Lejeune, N.C.

"The whole point of FMSS is to get you ready (to serve in combat with Marines)," Lambotte said. "You get some combat training such as learning to shoot the M-16 and 9 MM and a lot of training on battlefield injuries."

Following FMSS, Lambotte checked into NMCP's Internal Medicine clinic in May 2003 and assumed the regular duties of a junior corpsman which include checking in patients and taking vital

signs. In April 2004, he headed back to Camp Lejeune where he joined the 1st Battalion, 8th Marines, Bravo Company, 3rd Platoon. Lambotte and his platoon left for Iraq June 26.

"I was responsible for about 40 Marines in my platoon," Lambotte said. "(As a corpsman) we take care of their daily aches and pains, immunizations and any battlefield injuries."

Lambotte's battalion was one of many tasked with taking the city of Fallujah, and they went in Nov. 8, 2003.

"We started at night and we took a lot of fire from the beginning," Lambotte explained. "There were 10 to 12,000 insurgents in the city and the gunfire was non-stop. There were other Marine battalions there at the same time and they would shoot for awhile and then we would shoot."

"It's dark and you just see a lot of lights – it's hard to believe that people are actually shooting at you," he continued. "You just saw muzzle fire and you fired at it. It



Photo by HM1Brandan Krieger

wasn't until the next morning when you looked around at (the landscape) and really realized who you had been shooting at."

According to Lambotte the shooting continued through that day and into the night.

"It was the morning of the second day, Nov. 9, that I was injured," Lambotte said. "As soon

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The Courier

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This publication provides an avenue to circulate all useful information the NMC Portsmouth staff has to offer. Submissions are welcome. Contact the Public Affairs Office by calling 953-7986, by fax at 953-5118, or by emailing the PAO, Deborah Kallgren, at drkallgren@mar.med.navy.mil. Submissions should be on disk in text or Word format with a paper copy attached. Photos should be a separate submission from the document and in jpeg, bitmap or tiff format. Submissions will be placed in the next issue space permitting. PAO is located in Building One, Third Deck, Rm. 311.

Corpsman dodges bullets to save Marine

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as the sun came up it started. We were patrolling and trying to push across this street that was at least six lanes across. We came under fire and started to run across the street. I made it across the street and happened to look back. I saw one of our Marines, Sgt. (Lonny) Wells, in the street so I dropped my pack and ran back. At the same time, I saw my gunny, G. Sgt. (Ryan) Shane, coming from the other side.

"We were running into the street and I got hit in the ankle, but I didn't really realize it at the time," he continued. "I grabbed a hold of Sgt. Wells, and Gunny and I tried to pull him away. Gunny was leaning over him when he got hit in the back. He took a few steps and fell down. I tried to get over to him and that's when I fell too. Other Marines came running over and grabbed Gunny and Sgt. Wells. I crawled off the street and they brought them to me and I started working on them as best I could. We had a sniper who had been shot in the arm and a medevac (medical evacuation) was already on the way, so it was only four minutes after I was shot that the medevac arrived. There was only room for four (litter patients) and I was the fifth so I just kneeled between them and worked on them. Wells didn't make it, but G. Sgt. Shane did."

Lambotte was medevac'ed first to a staging area in Fallujah and arrived in the U.S. just a few days later after short stops in Baghdad and Ramstein, Germany.



HN Joel A. Lambotte is congratulated by HMCS (--) Joseph Engle after receiving the Purple Heart in a ceremony held May 11.

Lambotte once again works in NMCP's Internal Medicine, this time as the assistant to the senior corpsman. When it comes to his award, his feelings on the subject are quite humble and he is quick to recognize others he feels deserve honor and mention as well.

"I've only known one other person who received the Purple Heart, Lt. (Kenneth) Dubrowski, who now works up in the PACU (Post-Anesthesia Care Unit). He was my instructor at field med school. I remember seeing him and he has (warfare designations and special training in) helo, diver, Ranger, sniper, surface warfare. He is everything, and he was almost blown up ... I just got shot in the ankle. I just don't see myself as honorable as he is.

"There's also a guy who works here at the hospital who was with me in Iraq, L. Cpl. (Michael) Rodriguez – he was there when I got shot. He was laying down fire

while Iran into the street. He was shot in the arm pretty bad. He's a really good guy too."

For other FMF corpsman heading to the field, Lambotte does have some advice.

"I think all corpsman should have more training," he said. "I got pulled out of a hospital (to deploy) and a month later I was shot in Iraq. You definitely need to be prepared. I would at least like to see corpsman get some hands on training in the ER. I went down there for a couple weeks before I left and learned a lot. Down there you have to irrigate wounds and really work with people who have that tough vein. It definitely helped me."

Lambotte said he plans on making the Navy a career because, as he put it, "I love the Navy and I'll definitely stay in. There are so many places we can go."

Lambotte headed back to Camp Lejeune May 13 to join a new Marine battalion and expects to deploy back to Iraq in August. ▼

NMCP tees off to support Fisher House


All photos by HN Charles Hollingsworth

Staff members of Naval Medical Center Portsmouth and the Naval School of Health Sciences-Portsmouth participated in the annual Fisher House Charity Golf Tournament, held at the Sleepy Hole Golf Course in Suffolk April 22.

The event kicked off early with a tee time of 8 a.m. Participants split into teams averaging four players each, and spent the morning on a competitive 18-holes of golf.

Rear Adm. Thomas K. Burkhard's team won the tournament with a score in the high 50s. A luncheon

at the Sleepy Hole club house followed the tournament. It included a presentation given by Fisher House Manager Loretta Loveless, and her assistant Candace Edwards.

All proceeds raised during this event went to the Fisher House at NMCP. The Fisher House relies primarily on public support to maintain its operation costs. It opened in 1995 and provides a place to stay for active duty service members and their families during times of extended medical care. There are 32 Fisher Houses worldwide located at every major military medical center and several veteran's hospitals. For more information on how to contribute to the NMCP Fisher House, please contact Loretta Loveless at 953-7174. 



NMCP staff dedicate time to seniors

Story by JO1 Sarah Langdon, photos by JO2(SW) LaRon Mathieu

More than 60 servicemembers, their friends and family members gave up sleeping in on a couple of Saturdays to work instead in the service of others. Sailors and their family members from Naval Medical Center Portsmouth cleaned house for some of the residents of the Lighthouse Pointe senior citizen's home in Chesapeake, Va., April 9 and 16.

These Sailors volunteered under the Sailors for Seniors Program, a volunteer/community service initiative started by Lt. Cmdr. Blair Miles three years ago.

"I started doing this to keep my mother and her friends in a better environment," said Miles, an NMCP nurse currently in a duty-under-instruction status at Regent University. "They were living in an assisted living community, but weren't getting the quality of care I wanted."

According to Miles, although senior citizens living in assisted living communities have accommodations and some form of weekly housekeeping assistance, there are many things that aren't done for them which they can't do themselves.

"A lot of them aren't able to do the day to day things we take for granted," Miles explained. "Many of them need help with their laundry, high dusting, vacuuming under furniture, yard work and moving heavy things."

Initially, Miles recruited the hospital corpsman she worked with to help out with the project.



"We found there was a real need," she said. "As time went on, I realized it was getting bigger and there were things I wanted to accomplish. I know I needed help so I got nurses, members of the First Class Petty Officer Association and the other enlisted associations to help out.

"The turnout (for the Lighthouse Point project) was phenomenal," Miles said. "The volunteers were ecstatic as were the residents. The seniors really enjoyed the youth and companionship."

The group gave a spring cleaning to 36 apartments.

"My experience at the Lighthouse Pointe senior citizen's home was excellent!" said RP2 Michaela Saffa-wuya, participant and president of the Junior Enlisted Association. "The couple who's room that we cleaned has been

married for 70 years. I enjoyed talking with them and they shared their life experiences with me. Just being there helping the seniors out was an honor for me."

According to the volunteers, many of the residents of Lighthouse Pointe enjoyed sharing the story of their lives. Lorraine Ginas told stories about her son James, deceased, who served as an enlisted member of the Marine Corps. Another couple, "Babe" and Esther Orefice have been married since 1926. Babe is 90 years old and served in the Navy during WWII. He and Esther, 86, were married when she was 16 and he was 19.

Like Saffa-wuya, many of the volunteers felt it was a pleasure and honor to help the elderly in the community, but some like HN Rafael Collins felt they were doing their duty as a servicemember.

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Congratulations

Sailors of the Quarter, 2nd Quarter

HM1(SW) Christoffer Smith
Sailor of the Quarter

HM3 Anthony Lopez
Junior Sailor of the Quarter

HA Robin McDaniels
Bluejacket of the Quarter



Photos by JO1 Sarah Langdon

Naval Medical Center Portsmouth recognized its 2nd Quarter, 2005 Sailors of the Quarter with a luncheon held at the Sandbar, April 29. Awardees, nominees and guests had the opportunity to listen to former Master Chief Petty Officer of the Navy, OSCM Robert Walker (Ret). Walker was the third MCPON, serving in that capacity from 1975-1979. From left: OSCM Robert Walker (Ret), HM1(FMF) Chrisoffer Smith, HM3(FMF) Anthony Lopez, HA Robin McDaniels.

Below: CMCDM(FMF/DV/PJ) Christopher R. Angstead, NMCP CMC, addresses guests at the award luncheon. Right: OSCM Robert Walker, (Ret).



Photos by JO1 Sarah Langdon



Photos by JO1 Sarah Langdon

2004 SOY awardees recognized by former MCPON, Chamber of Commerce



Former Master Chief Petty Officer of the Navy, OSCM Robert Walker (Ret) visited Naval Medical Center Portsmouth in April, took a tour of the medical center and visited with the 2004 Sailor the Year (left) HM1(SW/AW) Sean Dover, CMCDM(FMF/DV/PJ) Chris Angstead, NMCP Command Master Chief, and HN William Schwartz, Bluejacket of the Year, 2004 (right).

Portsmouth mayor James W. Holley III, left, recognizes NMCP Sailor of the Year, 2004 HM1(SW/AW) Sean Dover at the Portsmouth Chamber of Commerce breakfast in April.



Photos by JO2(SW) La Ron Mathieu

April 2005 - The Courier

Nurse Corps celebrated at NMCP

Story and photos by HN Charles Hollingsworth

May 6-12 is officially recognized as National Nurses Week. The Naval Medical Center Nurse Corps celebrated its 97th birthday May 13 sponsored several activities in recognition of National Nurses Week, May 6-12. This year, the theme was "Nurses: Many Roles, One Profession."

NMCP sponsored a Fun Run promoted by Morale Welfare and Recreation, a book sale sponsored by the Military Nurses Association, and a health fair attended by various vendors throughout the healthcare profession in honor of Nurses' Week. Additionally, the Armed Services Blood Program held a blood drive to benefit military troops in Iraq.

"There is a significant shortage of blood platelets for troops in Iraq," said Denise Kelly, NMCP laboratory medical technologist. "During each blood drive the unit must procure 250 (pints) of blood."

The week-long celebration came to a close with a cake-cutting ceremony in the NMCP galley. A yearly tradition, the youngest nurse corps officer and the most experienced cut the cake together.

Lt. Francisco Wonpat, clinic manager for neurology, coordinated all of the activities for National Nurses Week at NMCP. Wonpat had a simple answer to sum up the rewards of nursing. "Patient satisfaction and a thank you," he said. According to Wonpat, the advantage of being a



The Nurse Corps held a traditional cake-cutting ceremony where the most junior nurse, Ens. Kathleen Gabriel (left) and most senior nurse, Capt. Jeannette Lynch cut the cake using the ceremonial officer's sword. Capt. C. Forrest Faison, deputy commander, (center) assisted.

nurse in the military is that the military offers more variety.

"An example of that would be deployment," Wonpat continued. "Deployment grants military personnel the opportunity to travel while fulfilling a critical mission at the same time. A (registered nurse) needs to possess critical thinking skills, because it obviously affects patient safety. I would list this (quality) as number one."

Capt. Ronald Forbus, director for nursing, said National Nurses Week was a success.

"It provided an opportunity to highlight the impact of the ongoing shortage of nurses throughout the country," Forbus said. "According to American Nursing Association, we are currently short if 150,000 nurses that are needed to meet the current demands in the health care

system. By the year 2020, we will need 800,000 nurses as our aging population will reach its peak with the aging baby boomers." Despite the nursing shortage, the future for nursing is promising.

"The sky is the limit for nursing to capitalize on opportunities to make a difference as a staff nurse, advanced practice nurse, educator and nurse leader at the unit and executive level," Capt. Forbus said.

"It is my extreme honor to wish a heartfelt Happy Birthday to Navy Nurse Corps on this, the 97th anniversary of their founding," said Rear Adm. Thomas K. Burkhard, NMCP commander. "From its inception

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Oakleaf club donates books to library

Story and photos by JO2(SW) La Ron Mathieu



From left, JoAnn Moran, Oakleaf member, Julie Gjesdal, President of Oakleaf Club, Michelle Faison, member, Kirby Ridgway, husband, Jane Pellegrino, Head of Library Services Department, and Lisa Eblen, Health Science Librarian.

The Oakleaf Club of Tidewater donated books to Naval Medical Center Portsmouth's Library Services April 13, in honor of one of its late members, Lindy Ridgway. Ridgway passed away on Dec. 18, 2004, and members of the Oakleaf Club chose donating books to the library in memory of her generous nature.

According to members of the Oakleaf Club, Ridgway was an avid reader and encouraged others to read, so donating books in her honor was a fitting testament to her passion for reading.

"She was a big reader and was in charge of the Oakleaf's book club," said JoAnn Moran,

friend and member of the Oakleaf club. "She also volunteered at the Portsmouth Catholic Elementary School library for many years, even after her son, Ben, graduated from the school. We thought it would be the best way of honoring her."

Ridgway was a 15-year member of the club. Her husband, Kirby Ridgway, is a retired Navy commander who served at NMCP as a pathologist.

"I think (the donation in her memory is) a great idea. My wife always thought life was a journey and books were a guide," he said. "She liked to read about various things and there was no subject she wouldn't try to tackle."

The books donated in Ridgway's memory will include a memorial stamp stating they were donated by the Oakleaf Club and are in memory of Ridgway.

For more information on donating to the NMCP Library, contact Jane Pellegrino, head of library services department, at 953-5384.

The Oakleaf Club of Tidewater is a social club for wives of naval officers, and provides support for each other and to NMCP in the form of fundraising and charitable gifts to its servicemembers and patients. ▴

This is a drill, drill ...

NMCP holds Mass Casualty Drill

Photos by JO1 Sarah Langdon



Naval Medical Center Portsmouth held its annual Mass Casualty Drill April 28. The drill provided an opportunity for NMCP staff to hone their emergency response skills and coordinate with other emergency teams and



medical facilities in the region on mass casualty procedures. The NMCP Emergency Department triaged and treated 40 simulated patients.



Volunteers do housework seniors can't

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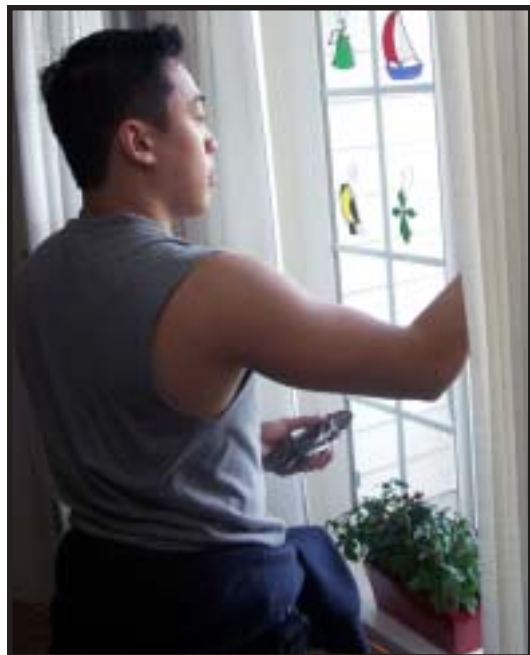
"As a hospital corpsman you're helping people anyway, it's part of the rating. So in reality I was only doing my job," said Collins.

The seniors were grateful for the help. According to Gerriadine Shappes, a five-month resident of

the community, many have family members who don't have the time to devote to spring cleaning while juggling their own lives.

"It helps both the elderly who live here and our families because they can't always come out here every time one of us gets the crazy notion to do something we shouldn't do on our own," Shappes explained.

Miles is hoping to institute a volunteer "safe ride" program which would help seniors get where they needed to go. In the meantime she plans to continue monthly visits to Lighthouse Point to help the residents. ♣



Washing windows and cleaning bathrooms were just a few of the tasks NMCP volunteers performed at Lighthouse Pointe.

Nurse Corps draws blood for troops

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in 1906, Navy Nurses have served in every major conflict, treated Sailors, Marines, and their families in every time zone, and have served this nation with distinction and honor. We could not do our mission without them. It is a privilege to serve with them. My heartiest thanks and well wishes on your birthday!"

Throughout the U.S., various specialty organizations, independent health care companies, and educational institutions celebrate National Nurses Week to recognize the contributions made by nurses. The week was formally recognized by the White House in 1974 under the Nixon administration. ♣



Brian Resse (left), phlebotomist, and HN Joseph Barreracabot, draw blood from a volunteer at the blood drive held May 10.

† Pastoral Care Services †

Memorial Stones of Healing

By Lt. Cmdr. Jack Carver

Since the late 1800's, communities across the country have been observing Memorial Day. Perhaps the most vivid Memorial Day observance is celebrated at Arlington National Cemetery, where small American flags are placed on graves of people who gave their lives in service to our nation.

Scripture speaks of a national memorial in Joshua 4. While unrelated to war, we learn from this passage how one nation marked a significant time in its history. Likewise, the service of every American who has paid the supreme sacrifice is a monumental part of our nation's history, worthy to be marked and remembered.

Joshua wanted to build a memorial to mark his nation's long-awaited crossing of the Jordan River into the Land of Promise. God pulled the waters of the Jordan back so that Israel crossed on "dry ground" into the Promised Land. Joshua selected twelve individuals to return to the middle of the river and instructed each of them to pick up one stone and carry it across the river. The stones were brought together for a memorial. Joshua remarked, "Let this be a sign among you, so that when your children ask... 'What do these stones mean?' then you shall say to them, 'Because the waters of the Jordan were cut off ...when it (the people) crossed the Jordan....so



these stones shall become a memorial...forever." (vv. 4-6)

In the same manner, Memorial Day provides Americans the opportunity to honor those who have paid the ultimate sacrifice in service to our country. Every service member's grave serves as a "stone" to remind us that the freedoms we enjoy were attained through great sacrifice. Ultimately, Memorial Day reminds us that those who have given their lives for the purpose of freedom have not died in vain.

Furthermore, Memorial Day affords us the opportunity to pay tribute to all members of the Armed Forces and their families. More specifically, Memorial Day observances may transcend historical and patriotic celebration to honor the roles Naval Medical Center Portsmouth personnel serve. Every day, NMCP

personnel prove through their care for patients that every life has meaning. These opportunities become "memorial stones" of our purpose and meaning at NMCP. For instance, several memories of ministering to patients at NMCP are embedded in my heart and mind. They have become memorial stones that have contributed to my growth as a pastor and parent. I think of a terminally ill patient who once told me, "You can't get today

back after tomorrow is here." The meaning behind her words stayed with me as a "memorial stone." Many times, I have returned to that stone during my private moments of meditation. Because of her words, I have put more thought into my relationships with my children, and the fact that I only have a limited time to raise them before they become adults. Appreciating the time I have with them today encourages me to spend more time with them. I also thought about connecting deeper with other relationships in my life. While this patient never wore a uniform, her husband did. Through her support, he served our country admirably until his retirement.

Now, when I embark upon a conversation with a NMCP patient, I am inclined to ask myself

Continued on next page

Parking Lot Changes

ALL O-6/Department Head parking spaces on the Ground level (as well as the Person's of the Quarter/Year reserved spots) are relocated to Temporary Parking LOT B from 5 to 8 a.m. After 8 a.m., parking spaces in LOT B are open to all. **LOT B** is reserved for O-6/Department Head, Person's of the Quarter/Year only from 5 to 8 a.m. After 8 a.m., parking spaces in LOT B are open to all. Staff members should try to locate a parking space in one of the outer parking lots first, before utilizing the upper floors of the parking garage. This is critical to our success in providing adequate parking for our patients. Your cooperation is appreciated during this period. There are 70 more parking spaces on the compound today than before the parking garage repairs began.

Get Ready for Summer with the "Right Weigh" Program!

Naval Medical Center Portsmouth's Right Weigh Program is gearing up for another round! Don't miss out. This four-week program provides you with information and strategies to help you lose unwanted fat and develop strong, lean muscles. This discussion-based class will introduce you to ways of selecting foods, preparing them, controlling portions, and "revving up" your fat-burning metabolism with sensible exercise. (Open to all **adult beneficiaries**).

To register for classes, contact the TRICARE Hampton Roads Appointment Center at:

1-866-MIL-HLTH (1-866-645-4584)

Right Weigh schedule of classes:

BMC BOONE, ROCKWELL HALL GYM: Tues. 11:30-12:30, May 3-24, June 7-28, July 5-26.

To register, call 462-1492.

BMC, SEWELLS POINT, Tues., 2-3 p.m.. May 3-24, Aug 2-23. To register, call 314-6236.

BMC, OCEANA: Wed., 11-12 p.m., May 4-25, June 8-29, July 6-27.

To register, call 1-866-645-4584.

NMCP: Wed., 11:30-12:30, June 1-22, Aug 3-24. To register, call 1-866-645-4584.

For more info, check websites: <http://www-nehc.med.navy.mil/hp/shipshape/index.htm>,
<http://www-nmcp.mar.med.navy.mil/Wellness/index.asp> or call Alice Fitzpatrick, Program Manager at 953-9247.

Class size limited so sign up early.

Memorial Stones of Healing

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"What memorial stones of healing might be out there for me during this visit?"

In all, Memorial Day provides an opportunity to respect those who paid the ultimate sacrifice. Some do this by visiting a cemetery. Others touch the name of service

member on the Vietnam Memorial. You may not personally know anyone who paid the ultimate sacrifice, however as an NMCP employee, you honor the devotion and courage of those who serve by caring for our patients, family members and staff. The strength we gain from our veterans

sacrifices can be described by Abraham Lincoln's words from the Gettysburg Address: "It is for us the living, rather, to be dedicated here to the unfinished work which they who fought here have thus far so nobly advanced." The work of freedom continues and you are part of it.

NMCP celebrates Asian Pacific culture

Story by JO1 Sarah Langdon, photos by HN Charles Hollingsworth

May is nationally recognized as Asian-Pacific American Heritage Month. This month is set aside to honor the Asian Pacific culture and their contributions in the U.S. Naval Medical Center Portsmouth celebrated this cultural observance with a special ceremony May 6, and an Asian-Pacific themed meal May 16.

The ceremony, coordinated by

NMCP's Command Heritage Committee and headed by Sarah Montague, included a Hawaiian Dance, reading of a Chinese poem, a Philippine dance and a mini-fashion show. Lt. Juan Cometa, NMCP staff chaplain, was the featured guest speaker.

NMCP's Nutrition Department, headed by Cmdr. Karen Al-Koshnaw, hosted a

culturally diverse meal for the benefit of staff, patients and guests to enjoy, which included sweet and sour pork, Burmese chicken curry, lumpia, Chinese friend cabbage and Indonesian savory rice.

For more information on joining the Command Heritage Committee, call Sarah Montague, 953-2253, or HM2 Dorenda Smith, 953-4835. T



The Food Service Division prepared a variety of foods for staff and guests to taste Asian and Pacific Islander dishes.



The event featured a Hawaiian Dance performed by Larissa Conza (pictured above and below left), daughter of Lt. John Corenza and Lt. Lorie Conza.



Rear Adm. Thomas K. Burkhard, NMCP commander, cuts the cake with Sarah Montague, head of the Command Heritage Committee, at the Asian-Pacific American Heritage meal.

Satellite gym opens in Bldg. 3

By JO1 Sarah Langdon

Naval Medical Center Portsmouth has a new gym, and it's a gym staff members won't have to travel far to get to. The satellite gym, located on the first floor of Bldg. 3, officially opened following a ribbon cutting ceremony May 9.

The satellite gym features cardio machines, including treadmills and elliptical machines, stationary bikes and other exercise equipment.

"This is one of the best gyms I have ever seen," stated Capt. C. Forrest Faison, deputy commander, NMCP. "If you have not already done so, check it out. It is there for you since we know many of you don't have time to get over to the base gym or squeeze in a workout otherwise."

The new gym gives staff members an alternative to the main

gym which is located in another building near the helo pad. The bulk of aerobics classes will still be held at the main gym, but some specialty classes, such as the Fit Moms, Healthy Babies prenatal class and the spinning class will be held in the Bldg. 3 gym.

The gym is open from 5:30 a.m. until 7:30 p.m. Monday through Friday.

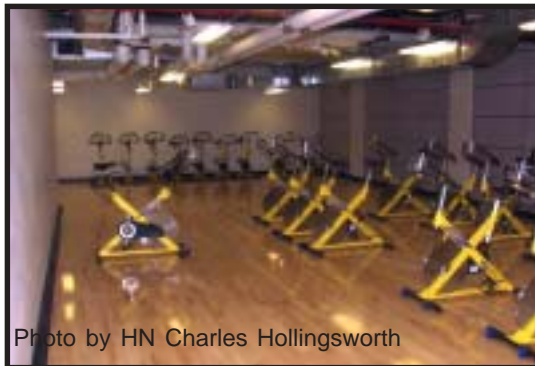


Photo by HN Charles Hollingsworth



Photo by JO1 Sarah Langdon



Photo by JO1 Sarah Langdon

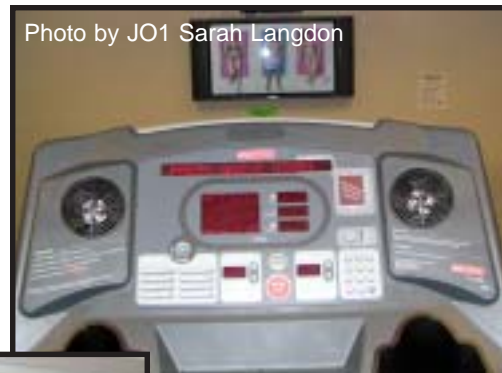


Photo by JO1 Sarah Langdon



Photo by JO1 Sarah Langdon



Photo by JO1 Sarah Langdon



Photo by HN Charles Hollingsworth

Bravo Zulu!!!

Navy Achievement Medal

Lt. Cmdr. Cathleen S. Piermaraini
Lt. Cmdr. Carmen J. Velichko
Lt. Cynthia L. Allen
HM3 Leslie A. Garcia
MM3 Tammi Henrie
HM2(FMF) Jerald J. Poole
CS2(SW) Marvin L. Miller
ET1(SW) Kirk H. Minckler
MA1 Jerry Malone, Jr.
Lt.j.g. Michael J. Guy
Lt.j.g. Kenneth Radford
HM3 Erica L. Sommerville
HM3 Patricia A. Henegar
Lt. Janice K. Blazey
HM1 Ronald J. Kukla
CS1(SW) John L. Cerda
HM2(SW) Sean E. Pope
HM2(FMF) Jaslyn Y. Bushong
Lt.j.g. Vavadee V. Belko
HM2 Leslie A. Bridgeman

Navy Commendation Medal

Lt. Tonya S. Martin
HMC Kevin P. Amick
Lt. Cmdr. Gregory R. Caron
Capt. Eda Moreno
Cmdr. Jeff D. Headrick
Cmdr. James A. Lipton
Capt Alexandra G. Pollard
BM1(SW) Charles E. Allen
Capt Gayle S. Wilbur
HMC Richardson Perez
HMC(SW/AW/FMF) William J. Lewandowski

Maj. Aaron E. Kondor
HM1 John P. Kopitzke
Capt. Warren G. Clark
Cmdr. Arthur T. George

Letter of Commendation

HM1 Jennifer S. Pierce
HM1 Kelli R. Butler
HM3 Charmayne L. Eason
HN Adam C. Strotz
HN Alexis M. Montano
HN Christopher M. Anderson
HN Dinh D. Ngo
HM2 Margaree Shelton
HM1 David Almarines
HM3 Kelli Taylor
HM2 Patrick W. Hickey
HM2 Michele M. McKeon
HM1 Frances Hagge
HM1 Timothy L. Reed
HM3 Teresa I. Parks
HN Martin Marquez
HM3 Tanya M. Little
HN Michael E. Edwards
HN Edwin R. Galarza-Martinez
HM2 Brook W. Ridge
HN Miranda S. Derrick
DT3(SW) Robert J. Bump
HM3 Americo Novo Jr.
HN Neda H. Fink

Letters of Appreciation

Hampton Roads Appointment
Center Team
HM2 Lelia G. Watton
HM2 Asher U. Aloa
HM2 Brad E. Hicks

HM2 Amy B. Highley
HN Joseph C. Bartlett
HN Jamar D. Baker
Lt. Cmdr. Beverly Dexter

Certificate of Appreciation

First and Finest Team Award 4H

Johnson Award

The Childbirth Nursing Team

Meritorious Service Medal

Lt. Cmdr. Lynn T. Downs
Capt. Betty L. Kole
Lt. Cmdr. Ralph J. Marro
Lt. Cmdr. John F. Ferguson

Navy Meritorious Civilian Service Award

CIV Linda C. Watts
CIV John C. O'Loughlin
CIV Juliette S. Anonsen

Command Coin Award

Cmdr. Marty W. Shields